

FEBRUARY 2020

American Heart Month

Seven key health factors and behaviors that can help decrease your risk for heart disease and stroke are: not-smoking, physical activity, healthy diet, body weight, and control of cholesterol, blood pressure, and blood sugar.

American Heart Association | 800.242.8721 | Heart.org

National Children's Dental Health Month

Remember to change out a toothbrush after having a cold or the flu, germs can hide in the bristles and lead to reinfection.

American Dental Association | 800.621.8099 | ADA.org

Teen Dating Violence Awareness Month - BreakTheCycle.org

1 in 3 young people will experience some form of abuse in their dating relationships.



Call someone who can help:
800.656.4673

International Prenatal Infection Prevention Month

If you're pregnant or planning a pregnancy, there are simple steps you can take to protect from infections that cause health problems. Consult your physician today.

Group B Strep International | 909.620.7214 | GroupBStrepInternational.org

Macular Degeneration & Low Vision Awareness Month

Early detection, treatment & follow-up care are important in preventing vision loss. Schedule a comprehensive eye exam today.

Prevent Blindness | 800.331.2020 | PreventBlindness.org

Kids ENT Health Month

Issues with ear, nose and throat seem to be a part of childhood, with chronic ear infections ranking as the number one reason for a child to visit a doctor.

AAO-HNS | 703.836.4444 | ENTnet.org

Daily and Weekly Observances

National Wear Red Day, 7th

American Heart Association | GoRedForWomen.org

National Burn Awareness Week, 2nd - 8th

American Burn Association | AmeriBurn.org

World Cancer Day, 4th

Union for International Cancer Control | WorldCancerDay.org

National Black HIV/AIDS Awareness Day, 7th

Black Aids Institute | BlackAids.org



Heart Failure Awareness Week, 9th - 15th

Heart Failure Society of America | hfsa.org

National Donor Day, 14th

Donate Life America | DonateLife.net



act of kindness Day, 17th

National Eating Disorder Awareness Week, 24th - March 1st

National Eating Disorders Association | NEDawareness.org